



Child and Adult Care Food Program

Meal Components Training

Applicable CACFP COVID-19 Waivers

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| • CACFP Monitoring Nationwide Waiver | Expires 9/30/2021 |
| • Meal Pattern Waiver | Expires 6/30/2021 |
| • Meal Time Waiver | Expires 6/30/2021 |
| • Non-congregate Feeding Waiver | Expires 6/30/2021 |
| • Parent/Guardian Pickup Waiver | Expires 6/30/2021 |

Five Meal Components

1. Fluid Milk
2. Vegetables
3. Fruits
4. Grains
5. Meat/Meat Alternates

Meal Component: Fluid Milk

1. What kind of milk must be served?
 - Creditable fluid milk includes breastmilk, as well as pasteurized fluid types of unflavored or flavored cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.
 - Breastmilk can be served at any age and the meal can be claimed if the sponsor or provider serves all other required components for the age of the child.
 - 2 through 5-year-olds must receive unflavored fat-free (skim) milk or unflavored low fat (1%) milk. Unflavored whole milk or reduced-fat (2%) milk may be served to children 24-25 months of age to transition to fat-free or reduced-fat varieties.
 - Six years old and older, including adult participants, may be served unflavored or flavored fat free (skim) milk, or unflavored low-fat milk (1%).

2. What about parental preferences or lifestyle choices?
 - Non-dairy fluid milk substitutions may be served when requested in writing by the child's parent or guardian. The written request must identify the medical or special dietary condition that restricts the diet of the child, such as a milk intolerance or vegan diet. Substitutions are at the option and the expense of the center or day care home.
 - Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamins A & D, and other nutrients to levels found in cow's milk.
3. What about special diets?
 - If a participant has a special dietary need due to a disability, a medical statement is required. The medical statement must be signed by an authorized medical provider. This form indicates which food(s) should be eliminated and also includes the name of a substitution. In this situation, the sponsor is required to make reasonable efforts to provide the substitution.

Meal Component: Vegetables

- A serving of vegetables may contain fresh, frozen, or canned vegetables, dry beans and peas, or vegetable juices.
- Juice must be pasteurized and full-strength and may only be served at one meal (including snack) per day.
- A 100% fruit and vegetable juice blend may contribute to the vegetable requirement when vegetable juice or puree is the most prominent ingredient.

Meal Component: Fruits

- A variety of fruits can be served during a meal.
- If fruit juice is served, remember that pasteurized, full-strength juice can be served-once per day.
- 100% fruit and vegetable juice blends may contribute to the fruit requirement when fruit juice or puree is the most prominent ingredient.

Meal Component: Grains

- Foods that are 100% whole-grain, or have at least 50% whole grain, and the remaining grains are enriched, are whole grain-rich.
- At least one serving per day must be 100% whole grain-rich, except for infant meals.

Meal Component: Meat/Meat Alternates

- Meat and meat alternates are essential for good health because they contain protein, and this nutrient is the building block for strong bones, muscles, and healthy skin.
- A few examples of meat alternates include yogurt, tofu, peanut butter, nut seeds, seeds, cheese foods and spread (not product), and eggs.

Combination Foods:

- Combination foods are commercially prepared foods that provide more than one food item from different food components that cannot be separated. Best practices encourage only two items in a combination food be claimed in a creditable meal, although up to three may be considered.
- A few examples of combination foods include pizza, stews and soups, spaghetti with meat sauce, ravioli, egg rolls, chicken nuggets, and fish sticks.
- Combination dishes must have a Child Nutrition (CN) label or Manufacturer's Analysis Sheet to show the product contains enough quantities of components to meet the meal pattern. Otherwise, it may not be counted towards a reimbursable meal.
- Manufacturer's Product Formulation Statements (PFS) are another way to determine how much of an item is creditable. Contact the 800 number on the food package and ask that the PFS be faxed or mailed to you.
- For more information: <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>

Meal Patterns

Infant: Breakfast

Breakfast	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	6–8 fl. oz. breastmilk or formula
Grains or meat/meat alternates, or a combination		0–4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese; or 0–4 oz. cottage cheese; or 0–4 oz. (½ cup) yogurt; or a combination of the above
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both

Infant: Lunch/Supper Meal Pattern

Lunch / Supper	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	6–8 fl. oz. breastmilk or formula
Grains or meat/meat alternates, or a combination		0–4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese; or 0–4 oz. cottage cheese; or 0–4 oz. (½ cup) yogurt; or a combination of the above
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both

Infant: Snack Meal Pattern

Snack	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	2–4 fl. oz. breastmilk or formula
Grains		0–½ slice bread; or 0–2 crackers; or 0–4 tbsp. infant cereal or ready-to-eat breakfast cereal
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both

CHILD MEAL PATTERN

Breakfast (Select all three components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both ⁴	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq) ^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅝ cup	⅝ cup	¾ cup	¾ cup

1 Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

2 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

3 Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

4 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

5 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

6 Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

7 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

8 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

9 Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children ages 6-12.

CHILD MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	⅓ cup	¼ cup	½ cup	½ cup
Fruits^{6,7}	⅓ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

1 Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

2 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

3 Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

4 Alternate protein products must meet the requirements in Appendix A to Part 226.

5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

7 A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

8 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

9 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

10 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

CHILD MEAL PATTERN

Snack				
(Select two of the five components for a reimbursable snack)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk ³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅓ cup	⅓ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅓ cup	⅓ cup	¼ cup	¼ cup

1 Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

2 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

3 Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

4 Alternate protein products must meet the requirements in Appendix A to Part 226.

5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

7 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

8 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

9 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

10 Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children ages 6-12.

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_childmealpattern.pdf

ADULT MEAL PATTERN

Breakfast (Select all three components for a reimbursable meal)	
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk ²	8 fluid ounces
Vegetables, fruits, or portions of both ³	½ cup
Grains (oz eq) ^{4,5,6}	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8}	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup

1 Must serve all three components for a reimbursable meal. Offer versus serve is an option for adult participants.

2 Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

3 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

4 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

5 Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

6 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

7 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

8 Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1 ½ cups for adults.

ADULT MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)	
Food Components and Food Items¹	Minimum Quantities
Fluid Milk^{2,3}	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product ⁴	2 ounces
Cheese	2 ounces
Large egg	1
Cooked dry beans or peas	½ cup
Peanut butter or soy nut butter or another nut or seed butter	4 tbsp
Yogurt, plain or flavored, sweetened or unsweetened ⁵	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1 ounce = 50%
Vegetables⁶	½ cup
Fruits^{6,7}	½ cup
Grains (oz eq)^{8,9}	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	1 cup

1 Must serve all five components for a reimbursable meal. Offer versus serve is an option for adult participants.

2 Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

3 A serving of fluid milk is optional for suppers served to adult participants.

4 Alternate protein products must meet the requirements in Appendix A to Part 226.

5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

7 A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

8 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

9 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

10 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

ADULT MEAL PATTERN

Snack	
(Select two of the five components for a reimbursable meal)	
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk ²	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product ³	1 ounce
Cheese	1 ounce
Large egg	½
Cooked dry beans or peas	¼ cup
Peanut butter or soy nut butter or another nut or seed butter	2 tbsp
Yogurt, plain or flavored, sweetened or unsweetened ⁴	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Vegetables ⁵	½ cup
Fruits ⁵	½ cup
Grains (oz eq) ^{6,7}	
Whole grain-rich or enriched bread	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup

1 Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

2 Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

3 Alternate protein products must meet the requirements in Appendix A to Part 226.

4 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

5 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

6 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

7 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. 11/29/2016

8 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

9 Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1 ½ cups for adults.

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_adultmealpattern.pdf

Meal Service Methods

- Cafeteria style meal service is also called prepared plate. An adult prepares each child's plate with at least the minimum quantities of each component. All components must be served at the same time at the beginning of the meal, including milk.
- Family style meal service is when all participants sit together and pass/pour. Minimum servings for each component are on the table so participants may choose how much and which foods to eat. Children and adults must be allowed to serve the food components themselves, with the exception of fluids.
- Offer versus Serve (OVS) may be used with Adult groups or After school at-risk programs for meals only (not at snacks). All items must be available. Participants choose a few or all meal components for a creditable meal.
 - o OVS is an **optional** style of meal service that can only be used to serve meals to at-risk afterschool and adult participants in the CACFP.
 - o OVS can be used at breakfast, lunch, and supper only. It cannot be used at snack. It cannot be used in other CACFP settings such as childcare centers and family day care homes that do not serve at-risk afterschool participants or adults.

Common Findings

- Incomplete Menus
- Missing Menus
- Non-Creditable Components
- Serving Sizes

Resources

- Adult Meal Pattern:
https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_adultmealpattern.pdf
- Child Meal Pattern:
https://fnsprod.azureedge.net/sites/default/files/cacfp/CACFP_childmealpattern.pdf
- Infant Meal Pattern:
https://fnsprod.azureedge.net/sites/default/files/cacfp/CACFP_infantmealpattern.pdf
- Nutrition standards for CACFP Meals and Snacks:
<https://www.fns.usda.gov/cacfp/meals-and-snacks>
- http://www.ocio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf
- <https://www.fns.usda.gov/resource/covid-19-nationwide-waiver-allow-meal-pattern-flexibility-child-nutrition-programs>
- <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>
- <https://www.fns.usda.gov/resource/covid-19-nationwide-waiver-allow-meal-pattern-flexibility-child-nutrition-programs>
- <https://www.fns.usda.gov/resource/cn-covid-19-non-congregate-feeding-nationwide-waiver>

- <https://www.fns.usda.gov/resource/cn-covid-19-meal-times-nationwide-waiver>
- <https://www.fns.usda.gov/resource/covid-19-nationwide-waiver-allow-parents-and-guardians-pick-meals-children>
- <https://www.fns.usda.gov/cn/child-nutrition-monitoring-nationwide-waiver>

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.